

Vilseck's New Champ

Story on Page 6

News Briefs

ATTN: Motorcycle Riders

Spring is just around the corner and now is the time to think about getting the bike out of mothballs and start dreaming about the fantastic riding here in Bavaria.

Meet fellow riders, both German and American, at an informal gathering on Friday, March 3 at the Tai Restaurant by the Grafenwoehr Schwimmbad. Stay for dinner and enjoy yourself, make friends and renew friendships. Spouses and cars are welcome. Starts 6 p.m.

Voting Assistance Program

If you are interested in voting this year and haven't registered yet, registration forms (Federal Post Card Applications) are available online or at Bldg. 244, Room 239. More voting info can be obtained under: <http://www.fvap.gov>

States Primaries:

March

7 March – Texas; 21 March – Illinois

April

No Primaries Scheduled

May

2 May – Indiana, North Carolina and Ohio

9 May – Nebraska, West Virginia

16 May – Kentucky, Oregon, Pennsylvania

23 May – Arkansas, Idaho

Veterans Affairs

Briefings to Resume

USAG Grafenwoehr ACAP (Army Career & Alumni Program) announces the upcoming VA Briefing schedule. Representatives from the Department of Veterans Affairs will offer informational briefings to separating and retiring Soldiers and their families at Hohenfels on March 7 at 10 a.m. and at Rose Barracks on March 8 at 1 p.m. Topics to be discussed include disability benefits, Montgomery GI Bill, Vocational Rehabilitation, Home Loan Program and more. If you are separating or retiring within the next 6 months, don't miss this informative event. Contact ACAP at 476-2055 for further information and to reserve a seat.

Get weather condition updates

The following website will help you find the current USAREUR road conditions and school closures. This site is updated on a regular basis. Please share this site with others. <http://g3operations.hqusareur.army.mil/Divisions/OPS/ASGConditions/default.asp>

Vilseck Tax Program

The Vilseck Law Office, Bldg. 245, offers a tax assistance program for appointments and walk-ins. Appointments will be offered M – F from 8:30–10 a.m. and walk-ins will only be possible M–F from 1–4 p.m. Call to see what documents you need to bring to your appointment. DSN 476-3316 or CIV 09662-83-3316.

EUCOM has site on Avian Flu

The DoD, Department of State, Health and Human Services, World Health Organization, and other governments and agencies are preparing for a possible outbreak of avian influenza. To learn more about Avian flu (Bird flu), how to minimize the risk of contracting Avian Influenza or to view the entire news release by EUCOM go to <http://www.grafenwoehr.army.mil/>

Bavarian News

Vol. 2 Nr. 4

Grafenwoehr, Hohenfels and Vilseck

February 22, 2006

BG Perkins wants community feedback

by Kathy Jordan

Bavarian News

Winter weather conditions did not deter the one hundred-plus members of the Grafenwoehr and Vilseck communities from meeting at the Vilseck Chapel Feb. 8 to discuss community issues, concerns and upcoming events.

"These events are very important for us to get feedback on. I am probably here for a lot of the same reasons that you all are," said Brig. Gen. David G. Perkins, commander of the 7th Army Joint Multinational Training Command.

Perkins encouraged community members to give "constructive feedback" to help make the communities a better place to work and live.

Col. Brian Boyle, USAG Grafenwoehr commander, stressed the need for community members to stay informed of all current information by using the various "media outlets." Some of the sources of information mentioned were the Community Newsletter, *Bavarian News* newspaper, American Forces Network-Bavaria and the *Bavarian-American* magazine.

Topics covered in the meeting ranged from road condition decisions to the need for volunteers in the local communities.

Some of the highlights from the town hall:

AFN-Bavaria. Upgrades on equipment will continue through the middle of March. The morning radio show will not be affected by the changes, but there will be no live evening radio

show and no AFN-B news at 5 p.m. on AFN-Atlantic. The website will still be available for viewers.

Morale, Welfare and Recreation. The Tower View Restaurant and Conference Center is available for special events in Grafenwoehr. In Vilseck, Yesterday's Club is available to patrons

building 148, the site of the former post exchange. The CMR will be closed Feb. 24 for the move to the new facility. The customer service window will be open Feb. 25 and 26 in the new location from 10 a.m. to 2 p.m.

Public Affairs talked about the new web page address for USAG-Grafenwoehr. It has been

changed to <http://www.grafenwoehr.army.mil> Everyone is encouraged to get involved in the Fasching events in the local communities.

The Equal Opportunity Office addressed upcoming observances: Women's History Month program March 23, Holocaust Remembrance bus trip to Flossenburg Prison Camp the last week of April, and an Asian Pacific Islander Heritage Month celebration in May.

The Director of Emergency Services asked members of the community to keep an eye on vacant quarters and call in if something looks suspicious or out of the ordinary. They also asked the community to keep close watch on identification cards, and wear seat belts for personal safety.

The Safety Office warned of animals crossing the road during the "high wildlife density months" of February, March and April.

For more specific information on any services check out the town hall slides under the 'news' button on the USAG Grafenwoehr website (see above for address) or contact the appropriate agency. The next town hall meeting will be held April 19, 4 p.m., at the Grafenwoehr Elementary School.



Main photo by Susanne Bartsch. Inset photo by Kathy Jordan.

Winter Wonderland comes to Grafenwoehr

A massive snowfall in USAG Grafenwoehr communities provided for a contrast between it's Winter Wonderland effect (main photo) and the harsh reality of a snowplow being stuck while attempting to clear roads.

for private functions, special events and unit meetings.

Army and Air Force Exchange Services provided information on a program called "Take It Home Today" available at the Furniture Store in Vilseck.

The Director of Human Resources talked about the movement of the community mailroom in Grafenwoehr from building 633 to

Soldiers may be reimbursed for private purchase of certain equipment

U.S. Army Claims Service

The 2006 National Defense Authorization Act (NDAA), which the President signed into law on Jan. 6, 2006, extended the purchase deadline for which current and former Soldiers may be reimbursed for the private purchase of certain protective, safety and health equipment. Previously, the equipment for which Soldiers sought reimbursement must have been purchased after Sept. 10, 2001, and before Aug. 1, 2004. Under the 2006 NDAA, the deadline is now April 1, 2006.

As provided by a provision of the 2005 NDAA, in Nov., 2005, the Department of the Army began reimbursing both current and former Soldiers who purchased body armor and certain other protective, health and safety equipment for use in Operations Noble Eagle, Enduring Freedom or Iraqi Freedom. Equipment for

which the Army is providing reimbursement includes privately-purchased protective body armor (whether purchased as a complete outer tactical vest (OTV) or as separate body armor components), combat helmets, ballistic eye protection, hydration systems, summer weight and leather work gloves, and knee and elbow pads. Also, insect netting, certain insect repellants, and reflective vests have recently been added to the list.

The Army will provide reimbursement for qualifying purchases made by either a Soldier or by another (such as a parent or spouse) on behalf of a Soldier. However, in all instances the Soldier for whom the equipment was purchased (or the survivor of a deceased Soldier) must file the reimbursement claim.

Current active duty or active reserve component Soldiers should file claims with the first

field grade commander in the Soldier's current chain of command.

Former Soldiers and survivors of deceased Soldiers may file by mail directly to the U.S. Army Claims Service (USARCS). More information on the body armor and protective equipment reimbursement program – including a printable DD Form 2902 and the complete list of reimbursable items together with the pre-established compensation rates – can be found by accessing www.jagcnet.army.mil, and following the link to the "Protective Gear Reimbursement Program." Claimants or commanders can also contact Maj. Paul Cucuzzella, Project Officer, USARCS, at paul.cucuzzella@emh1.ftmeade.army.mil or at (301) 677-7009 ext. 431, with any questions concerning this program or for additional information.

JMTC flags new company-level command

7th Army JMTC Public Affairs

Grafenwoehr, Germany – Soldiers of the 7th Army Joint Multinational Training Command now report to a new commander.

JMTC held a brief ceremony to celebrate the creation of "the newest company in the Army," according to JMTC chief of Staff, Col. Michael Clark. "I checked, there are no other companies standing up in the U.S. Army today."

Clark, who presided over the ceremony, said the new company was not without some history.

"About 22 years ago, I arrived in Grafenwoehr and reported to the old HHC 7th ATC," he said. "The company took care of me, got me a place to stay, issued my weapon .. did all the things a newcomer needed to get settled in. Today, the new HHC JMTC takes over that same responsibility for the Soldiers of the Joint

Multinational Training Command."

The newly formed Headquarters and Headquarters Company will be commanded by Capt. Larry R. Stratton with 1st Sgt. Myron C. Truesdale in the top noncommissioned officer's seat.

"The activation of the Headquarters Company is a significant step forward for the JMTC," said Stratton. "Just like the majority of the Army right now, JMTC is changing and reorganizing rapidly and this event underlines the command's commitment to better meet the needs and requirements of all those who work within the organization."

About 220 Soldiers from Headquarters JMTC and subordinate elements will report to the new company. Those Soldiers had previously fallen under HHC U.S. Army Garrison Grafenwoehr.



photo by Paula Guzman

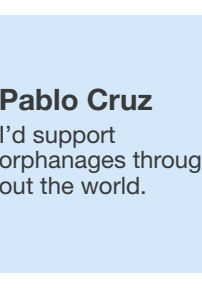
Col. Michael G. Clark, JMTC chief of staff, presides over the flagging ceremony of the newly formed 7th Army JMTC Headquarters and Headquarters Company Feb. 13.

Q&A

What would you do if you won a MILLION dollars?



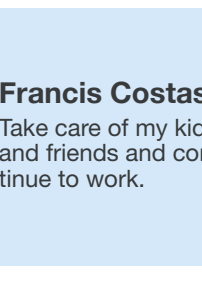
Cindy Place
Buy all of my family new houses and feed the homeless.



Pablo Cruz
I'd support orphanages throughout the world.



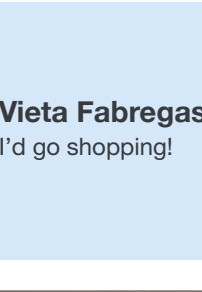
Cindy Puckett
I'd try to buy my husband's contract back from the Army.



Francis Costas
Take care of my kids and friends and continue to work.



Anthony Coleman
Invest three quarters of it and donate the rest to charity.



Vieta Fabregas
I'd go shopping!



David Young
I'd call the IRS.



Marianne Aponte
I'd probably buy another apartment in Italy.

Interviews and photos by Maddy Vernieu
Bavarian News

'Thoughts while moving around'

"National Months," Health Promotion Council and AER

Col. Brian T. Boyle
USAG Grafenwoehr Commander

With the winter CYS sports program almost complete, many of us are starting to look towards spring and the coming series of permanent changes of station (PCS).

As stated in previous columns, it will be a fast-paced summer – however, before we get there, winter is still gripping the communities, and we all need to consider safety in all our activities. Now, off to recent and upcoming community events.

National Months. As most of you have experienced, our country has designated different months to give national recognition to worthwhile causes. February was a great month with a celebration and reading of Dr. Martin Luther King's speeches, a German American Gospel Extravaganza and other excellent events. I invite all to attend the series of performances and food sampling on Feb. 25 from 2-5 p.m. at the VMHS. The program is dedicated to the sacrifices and achievements of Rosa Parks.

March has been identified as National Nutrition Month. The theme this year is *Step up to Nutrition and Health*. The program is a nutrition education and information campaign sponsored by the American Dietetic Association. Our DFACs will ensure that we are offering smart

choices for our meals, and I invite all of our community members to not only watch what you eat but also to work out in March and throughout the year.

Health Promotion Council. Tied into the National Nutrition Month are elements of the recently completed bi-annual Grafenwoehr Health Council. All communities will have an opportunity for a civilian fitness program beginning 7-9 March. Additional events include a Lose-to-Win program (In Graf and Vilseck now – but working to get into Hohenfels) and an upcoming Walk to Freedom in July. There is also a special women's-only event at the Grafenwoehr Field House on March 25. POC for all of this is the dynamic Shelby Jones, who continues to work to identify and eliminate voids of health care services in all of our communities. Although we will be sad to see the Stehr's depart, we did get some recent good news. We will get a physical therapist replacement. We are also



Col. Boyle

working to add Tricare on-line directions to the Grafenwoehr website.

Army Emergency Relief. We recently returned from the CFC awards program at Heidelberg. Thanks to all who supported the program. Even with a smaller population, USAREUR broke all records with the amount of donations received from our Soldiers, Department of the Army Civilians and German workers. March will bring the AER campaign to USAREUR. AER is one program, founded by the Army, whose mission is to provide relief to Soldiers and family members in times of financial emergencies. Last year our communities received in grants and awards several times the amount we collected. I'd ask all of you to dig deep, and strongly consider supporting the campaign this year.

As stated above, winter youth sports is almost over and spring is around the corner. Thanks to all volunteer coaches and referees – we simply could not have done this without you. Once more I ask all of you to consider spending time with the youth of this post. You do make a difference every day in their lives. All you have to do is see their smiles after sports, scouting or whatever other activity they are involved in to see a difference. Together we can continue to work to make the entire area the best place to live and work in Germany.

McKiernan Sends #5-06

Presidents Day holiday weekend safety

General David D. McKiernan
USAREUR Commander

On Feb. 20 our Nation will honor the great Americans who have served as President and Commander in Chief of our Armed Forces. As we remember our former leaders and enjoy some well-deserved time off over the Presidents Day holiday weekend, let us also remember to keep up our guard.

Many of you will take advantage of the long weekend to travel, participate in winter sports, or simply spend time with loved ones. Whatever you do, I ask that you keep safety in mind and use composite risk management when making your plans.

The fundamentals of composite risk management we use to plan a mission can also be used to plan our off-duty activities. This cyclical process is just as applicable to crossing the street as it is to moving a unit downrange:

- **Identify the hazards:** Consider all aspects of current and future situations, environments, and known problem areas.
- **Assess the hazards to determine the risks:** Assess the effect of each hazard in terms of potential loss.
- **Develop controls and make risk decisions:** Develop control measures that eliminate the hazard or reduce its risk. As control measures are developed, risks must be reevaluated until the residual risk is at a level where the benefits outweigh the cost.
- **Implement controls that eliminate the hazards or reduce their risks:** Ensure the control measures are communicated to all involved.
- **Supervise and evaluate:** Enforce standards



Gen. McKiernan

and controls, evaluate the effectiveness of the controls, and revise the controls as necessary. The chain of command and our leaders at all ranks must lead from the front.

In addition to using composite risk management when planning your activities, I ask you to watch out for your battle buddies. *No Loss of Life* is our goal. Last fiscal year we lost 13 Soldiers to accidents. So far this fiscal year, we have lost seven members of our team to accidents and two others in alcohol-related incidents. This is an alarming trend, especially considering that this is only the second quarter of the fiscal year. I need your assistance in reversing this trend and preserving our most precious asset: our Soldiers.

As each of you enjoys a safe and happy Presidents Day holiday weekend, remember that your Nation is very grateful for the sacrifices you are making in the Global War on Terrorism. So am I. I look forward to seeing all of you return safely to work after the holiday.



AER program starts March 1

USAG Grafenwoehr Public Affairs

The Army Emergency Relief (AER) program will begin March 1 and go to May 17.

More than \$39 million in AER assistance in 2005 was provided to more than 43,000 Soldiers and their families. This includes 37,000 active duty Soldiers who were provided more than \$33.1 million in assistance.

3,700 retired Soldiers were provided with

more than \$4.4 million in assistance. Almost 2,000 widows/widowers and orphans of deceased Soldiers who were provided more than \$1.9 million in assistance.

Additionally, 3,325 dependent children and spouses of Soldiers – active, retired and deceased – who were awarded more than \$4.3 million in educational scholarships.

AER assistance is available to Soldiers and

their families, wherever they are located at the time of valid emergency need. AER exists solely to "Help the Army Care for Its Own."

Want a career with the Foreign Service?

USAG Grafenwoehr Public Affairs

Curious about what we do and who we are? Eager to join the more than 9,000 professionals serving in more than 265 posts in 181 countries around the world?

If you are an American citizen and interested in learning more about the Foreign Service, please come to an information session on Monday, Feb. 27 from 6:30-7:30 p.m. in Amerika Haus (Karolinenplatz 3, München <http://www.amerikahaus.de>). Officers will be on hand to provide an overview of the Foreign Service, discuss the application process and answer any questions that you may have.

The American Consulate General in Munich will offer the Foreign Service Written Examination on April 8 at the Consulate – applicants must register online at <http://careers.state.gov> before March 1 to participate.

HISSES AND HURRAHS

Hurrah to Melissa Daniels, Nicole Kristolaitis and Janet Schoonover, our three most recent graduates of Army Family Team Building Level I. Way to take initiative towards knowledge and personal growth. You have set yourself up for success and satisfaction with the Army lifestyle. You were a great class to teach and hope to see you back again for another level. Congratulations.

*From the AFTB Volunteers
USAG Grafenwoehr*

Bavarian News

Grafenwoehr • Hohenfels • Vilseck

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Roswitha Lehner
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USAG-G Commander
Col. Brian Boyle

USAG-G Public Affairs Officer
Kathleen Gibbs (475-8103)

Command Information Officer
Nick D'Amario (475-6417)

Grafenwoehr Correspondent
Shannon Hill (475-1600)

Hohenfels
Alice Adler (466-2479)

Vilseck
Kathy Jordan (476-1600)

1-4 Elite honored by Bundeswehr

U.S. Soldiers awarded German marksmanship and sports badges

Article and photo
by Maddy Vernieu
special to Bavarian News

On Feb. 14, nine of Hohenfels' best were awarded with German marksmanship and sports badges.

Capt. Thornburg, Sgt. 1st Class Spikes, Staff Sgts. Galbusieri, Czarniecki, Anderson M, Sgt. Gayton, Spcs. Anderson, Nurse, and Brewer were the few stellar Soldiers to receive an award, with Capt. Thornburg receiving both marksmanship and sports badges.

Obtaining these two distinctive awards is no easy feat. The German marksmanship award, or "Schuetzenschnur," is awarded at three different levels of gold, silver, and bronze. Recipients of this award must qualify using a rifle, a pistol, and a machine gun. The weapons used are standard Bundeswehr firearms, which are different in size and weight to the guns these Soldiers are accustomed to utilizing. Six 1-4 Infantry Soldiers were presented with the marksmanship badge, two receiving silver awards and four receiving bronze.

The German sports badge is a coveted award that tests five sepa-



1-4 Infantry Soldiers proudly display their awards. Sgt. 1st Class Beer and Sgt. Major Boeckl of the Bundeswehr were presented with scrolls of appreciation by Sgt. 1st Class Spikes.

rate athletic disciplines. Soldiers are rigorously tested in swimming, running sprints, shot-put, high-jump, and endurance running. Sgt. 1st Class Beer of the Neunburg Bundeswehr presented the awards alongside Sgt. Major Boeckl.

Beer was quick to point out that Bundeswehr Soldiers test for the sports badge over the course of a calendar year, while our Soldiers performed all of the track and field events in a three-hour period. The swimming portion of the examination was performed Oct. 29 at the Amberg Schwimmbad. This prestigious badge was awarded to four deserving 1-4 Soldiers.

The cooperation between the Bundeswehr and 1-4 Infantry is a two-way street. Bundeswehr Soldiers have in the past tested for and received Expert Infantry Badges. Staff Sgt. Galbusieri of the 1-4 S2 said, "Staff Sgt. Beer's support is what makes this happen. He is dedicated, as are we, to continuing with the cooperation between the Bundeswehr and the Soldiers here in Hohenfels. This needs to be kept going long after we've all moved on to other duty stations."

ACAP can help Vets get better Federal Jobs

Barbara Kahan and Cathy Banks
Army Career and Alumni Program

Many ACAP clients are interested in obtaining civil service positions when they leave military service. Although they are entitled to veteran's preference when applying, they will have difficulty in being placed in administrative, professional or blue-collar positions according to a Jan. 11 report from the Office of Personnel Management.

A Jan. 17 article by Tim Kauffman in the Federal Times states that a large percentage of veterans who do obtain civil service positions are placed in entry-level clerical jobs. The reasons for this are many and varied, but the bottom line seems to be that many agencies, including OPM, which should be enforcing its own rules for hiring veterans, are not fulfilling their obligations to veterans.

After reviewing the federal jobs open to the

public, one can conclude that many agencies only want to hire from within, and, therefore, do not open many mid-level management positions to the public. They use special hiring tactics to circumvent open hiring. Looking at posted available positions, one usually will find many entry-level clerical positions open to all with a grade range of three levels. After selecting possible candidates for these positions, the hiring authorities will frequently only offer the lowest grade level position. It will take a lot of convincing, using hard facts about years of actual experience, to convince the hiring authority to place a candidate in a higher-level position, because he/she may feel that to do so will lessen the chance of obtaining any job. Many applicants may not even know that they can request a higher grade if offered the job.

The article suggested that veterans' groups are disturbed by the latest trend in hiring, where

veterans are getting mostly entry-level positions. They are making these dismal statistics public and advocating better hiring practices by the federal government. Even OPM, which should be an advocate for veterans, according to their statements, has a poor record of hiring veterans and does not go after other agencies that are weak in hiring veterans.

At ACAP we are trying to make clients aware of this problem and working with them so that they have excellent resumes that really show their work capabilities. First, we refer our clients to the Resumix Class offered at ACS. There they learn the basics of working with the system. Once finished with the class, we are here to assist in any way we can. We advise clients that careful attention should be given to the position title and grade level and that they should only apply where the position and grade level are appropriate. It's important that our clients also an-

alyze each announcement and tailor each resume to the open position so that the hiring authority finds their client background impressive and suitable for the grade and position. Key words are necessary and many times we are able to locate the expanded job description and qualifications to find those valuable key words. In addition, our counselors are great at proofreading. It may be more difficult than expected to be hired for a federal job, but the ACAP Staff will do as much as we can to help our clients do the best they can. Watch for more articles about applying for federal jobs or better yet, give ACAP a call and come by the office.

Soldiers who are considering separating within one year or retiring within 2 years are eligible to begin the ACAP process, which starts with the mandatory Pre-Separation Briefing. Spouses are welcomed as well. Contact ACAP today at 476-2055.

DoD encourages overseas citizens, military to vote

DoD Release

In 2006, U.S. citizens will elect 34 senators, the entire House of Representatives, 37 state governors, and hundreds of state and local officials.

Overseas voters and military personnel have a variety of means that will enable them to participate in the 2006 elections starting with the primaries beginning in March and through the general election on Nov. 7.

U.S. citizens can register to vote and request an absentee ballot using the Federal Post Card Application, which has been redesigned for 2006, allowing them to provide more information to their local election official as well as providing greater security for their personal information.

The form is available from their unit or installation voting assistance officer, U.S. embassies and consular offices, as well as from many local civic and overseas groups. It also is available electronically on the Federal Voting

Assistance Program Website at <http://www.fvap.gov>.

Once completed, U.S. citizens can send the FPCA to their local election official in the jurisdiction of their legal voting residence. The local election official will then be responsible for sending an absentee ballot to the requestor. All U.S. citizens are encouraged to register to vote as soon as possible to ensure compliance with varying state registration deadlines.

The FVAP Website contains a great deal of useful information, including an updated, electronic copy of the 2006-07 Voting Assistance Guide.

If voters need additional assistance, they should visit their unit or installation voting assistance officer or the nearest U.S. embassy or consular office. Voters may also contact FVAP staff directly by e-mail at vote@fvap.ncr.gov or by telephone on one of the many toll-free international phone numbers, available on the Website. FVAP office hours are 8:30 a.m. to 5 p.m. EST, Monday through Friday.

EEO urges disabled to update records

by Clinton M. Covert, Ed.D.
USAG Grafenwoehr EEO Manager

The Rehabilitation Act of 1973 and the Equal Employment Opportunity Commission (EEOC) Management Directive (MD) 715 requires each agency in the Executive Branch of the Federal Government to establish programs that will facilitate the hiring, placement, and advancement of disabled individuals. We are currently in the process of developing affirmative employment goals to address the needs of the disabled community.

We ask each employee to assist us in ensuring

that his/her personnel records are updated to include information related to disabilities by completing the Standard Form 256 (Self-Identification of Reportable Disability) and Standard Form 181 (Race and National Origin Identification).

The supporting memorandum located at <https://intranet.100asg.army.mil> explains the purpose of the survey and instructions for completing the forms. Please complete the forms located at the link and either email it, hand-carry, or mail it to your local EEO Office. We appreciate your cooperation in this effort to ensure your records are accurate and current.

Graf Kontakt Club Makes GES Donation



by Cindy Barbee

Contact Club members donated \$300 in a Feb. 2 presentation to the PTSA for Kindergarten class materials at Grafenwoehr Elementary School. The Kontakt Club organized a Bowling Tournament with raffles, from which the funds were raised. Mrs. Zimmerman-Bayer, Principal of GES, then presented the Kontakt Club members with a framed certificate of appreciation. Pictured are German Kontakt president Walter Brunner, their International President Betty Jones, and the Bowling Program Manager John Ramsey. The kindergarten classes sang several songs in appreciation of their visitors.

A DAY IN THE LIFE

of an FCC Provider

Article and photos by Maddy Vernieu

Special to Bavarian News

Our most valued assets are our children. We want to see them take their first steps, hear them utter their first words, and more than anything, we want to ensure that they're always taken care of.

In today's society it has become, in many circumstances, necessary for both parents to maintain employment outside of the home. This necessity, along with the demands on Military families, has produced a demand for quality and flexible child care options. What choices does one have when faced with the prospect of child care for their most valued assets? How about a Family Child Care provider?

Many children thrive in the surroundings that child care centers on most Military Installations

provide; however, for an ever-increasing amount of families, FCC homes are a welcomed alternative to traditional child care facilities.

Children are cared for in a home-like environment by one primary care provider.

The level of care found in FCC homes is the same as you would expect to find in quality child care centers, with some added personal touches.

Providers receive initial training that includes, but is not limited to, First Aid, CPR, child guidance, child growth and development, fire prevention, safety and health procedures, and child abuse identification. Training is ongoing with regular inspections being conducted at the home periodically.

All FCC providers are issued program guides that aid them in preparing activities that are fun and developmentally suitable for children of various ages. In addition to this, providers are supplied with menus to ensure that the children in their care are receiving a variety of nutritious foods.

For Military families one of the benefits of employing an FCC provider is the availability of extended care. Some providers offer their services outside of normal hours, (6 a.m. – 6 p.m.) and on weekends. This service is unique to FCC providers, taking the worry of child care off the minds of already over-burdened families.

Angelina Calligan has been an FCC provider for almost two years and thoroughly enjoys it.

"I feel like these children are my own, I watch them grow and develop. This is such a rewarding career and I am able to be at home with my daughter while helping other families. There aren't many jobs where you're able to have the best of both worlds," said Calligan.

The day starts early for Angelina with her first child arriving at 7 a.m. Throughout the course of the morning other children arrive, and Angelina, always with a smile on her face, welcomes them into her home; which to many of the children has become their second home.

The day's activities are numerous and include block building, number and alphabet recognition, dress-up, cooking and, of course, nap time. Angelina has dedicated a large room in her home solely for the purpose of FCC activities. The room is brightly decorated with a multitude of toys and 'learning centers' specifically targeted towards educational development. The room is self-contained with a nap area and bathroom.

Lunch consists of fresh fruit and vegetables and a variety of yummy, nutritious food. As the children place the last bites of lunch into their miniature mouths, one can not help but notice how the chatter has diminished. Upon closer observation it has become obvious that these "little bags of beans" are all pooped out. Angelina places the children down for a nap, which normally lasts between one and two hours.

While the children bask in the comfort of dreamland, Angelina cleans up after lunch. Soon it will be time for them to rise and continue with their day of learning and social interaction.

As the day draws to a close the children are anticipating the arrival of their parents and many are torn between going home and staying to play with their friends. "It's different every day, sometimes they just can't wait for mom or dad to arrive and other days they just don't want to leave all of their friends; you never know how they're going to react," said Angelina.

As the children leave one-by-one, Angelina hugs them and says "see you next time." For some children "next time" means tomorrow, for others next week. Whether the child frequents the Calligan household on a full-time or hourly basis, Angelina provides the same quality of care



Soon it will be time to go home, but prying Gerardo Holguin, 4, and Celina Calligan 3, apart could prove difficult.

for each of them.

With the children now in their parents' care, Calligan gets her house in order and begins preparing dinner for her own family. It's been a long day, but the day is far from over for Calligan. After she has attended to the needs of her husband and daughter, it is time to prepare for tomorrow. "My husband is a great help" she said, "we're in this together, I couldn't do it without him."

Choosing a child care option is perhaps the most important decision a parent can make; but one thing's for sure, parents can breathe easy knowing that Angelina is caring for their little darlings.



The children enjoy their time with Angelina as she helps them with a puzzle.

African-American Read-In Chain creates strong links to civic duty, culture, history

by Kathy Jordan

Bavarian News

For the 10th year in a row students, parents and faculty members were treated to a morning of poetry, stories and fact-filled presentations depicting people in the African-American community.

The program was presented by the Multi Cultural Club of Vilseck Middle High School Feb. 6. The primary goal of the program is to make African-American literacy a permanent part of Black History Month.

"I think everyone needs to know about this history. If we do not know about our history we are destined to repeat it," said Rita Joshua, teacher and program sponsor.

The African-American Read-In Chain is in its 17th year of operation and is sponsored by the Black Caucus of the National Council of Teachers of English. In 1991 the National Council of Teachers became a sponsor of the program and it was later endorsed by the International Reading Association.

Although the program is a community event, students from the seventh and eighth grade were the target audience.

"I am hoping to catch these young people early enough so they can learn things that were before their time. Hopefully they can take that into consideration and become better people. My hope is that they judge others by the content of their character and not by the color of their skin," said Joshua.

The presenters in the program provided insight on political leaders, entertainers, educators, doctors, scientists, aviators, inventors and poets from the past and present.

After the program, presenters gave their own personal reasons for wanting to participate in the schools efforts.

For the past eight years Elizabeth Jones has been a participant in the program and explained why she thought it was so worthwhile.

"I like to come to the middle high school because I enjoy reading for the students. We have more participants now than we had before and I am glad to see the variety. The variety of participants is important because it means the information is coming out from everybody as a people. It's not just about us learning about ourselves. Everyone is receiving knowledge and learning."

Others thought back to the lack of information they received when they were growing up in school.

"I think it's very important that we share African-American history with everybody. I was the only black in my kindergarten class. When I was in school I was not given this valuable history. I think it is very important that people get an understanding and appreciation for this part of Americas history," said teacher Robbie Swint.

Some saw this as a lesson and civic duty that they could use to show their children what giving back to a community meant.

"As a parent we raise our kids to be responsible and give back to the community. If I don't emulate that myself, how will my children know that they should also give back to the community," said parent Ernestine Robinson.

Library worker Karen Beck saw this as an opportunity to learn more about other cultures. "Because I don't have kids in school, I don't get a chance to participate much. I learned a lot of good information for myself about inventors and other people in African American history."

High school freshman and mistress of cere-

monies Rebecca Holloway enjoyed being a part of the ceremony and showing the difference all types of people have made.

"I like the fact that I will be a part of the telling of the world's history. This means a lot to me because it shows the difference African Americans have made in everybody's lives."

Those sentiments were echoed by freshman Tierra McLeod.

"Last year I sang in the choir. I like being a part of this and knowing more about my history. Each year I learn something new. It's just a nice experience. It enables me to have a better understanding and know more about my culture."

Societies cannot move ahead if they do not embrace the past achievements of all people, according to parent Stacie Coote.

"I think it's so important for the children. I think it is important to remember where we came from and the culture that we all share. This is not only for blacks, whites or Hispanics but all nationalities and cultures. We all share this culture."

The program has over a million readers of all ethnic groups from 49 states, the West Indies, Europe and Africa.

USAG Graf to host Army Culinary Arts Team

USAG Grafenwoehr Public Affairs

USAG Grafenwoehr will be host to Soldiers of the U.S. Culinary Arts Team later this year.

The USACAT will compete in the prestigious 2006 World Cup to be held in Luxembourg Nov. 18-22, and will train here as a prelude to tantalizing the palates of both judges and spectators at the world-class competition.

Some 700 cooks from around the world will

present a range of meals, dishes and presentation pieces in culinary art.

The Culinary World Cup 2006 will be comprised of 20 internationally renowned civilian teams, 10 military teams and seven teams of young cooks.

USACAT competes in numerous culinary venues to offer the military chef opportunities to sharpen and broaden his or her cooking skills. USACAT members are obligated to share knowledge with whoever wishes to learn. This ultimately benefits the military diners in troop dining facilities in garrison and on the battlefield.

The U. S. Army first competed in the Culinary Olympics in 1976. The team consisted of three individuals who were personally selected by LTG John D. McLaughlin (deceased). The three U.S. Soldiers, (Sgts. 1st Class Stephen Posser, Doug Hoffman, and Ivan Beasley) won a gold medal and two silver medals. Posser has since retired from the Army, but is currently Chief, Culinary Skills Training Division, Directorate of Training, Army Center of Excellence, Subistence (ACES) at Fort Lee, VA.

USACAT competed in Luxembourg's last quadrennial World Cup in 2002, winning gold

and silver medals.

Since its establishment, the USACAT has competed in numerous national and international competitions, winning nearly 500 team

and individual medals.

Bavarian News will continue to keep readers apprised of USACAT training and competition in future issues.



A USACAT member prepares a scrumptious world-class dessert.



Photo by Kathy Jordan

Spc. Alvin Burden and his wife Dena get their taxes done by tax preparer Hannah Aebly at the Vilseck Tax Center.

Lindsay Kyle emerges as victor of Vilseck Elementary School Spelling Bee

Article and photos by Kathy Jordan
Bavarian News

After 11 grueling rounds of spelling competition, Lindsay Kyle emerged as winner after correctly spelling “audit” in the Jan. 31 contest.

“I was nervous the whole time I was in the spelling bee. I had to think about the word before I tried to spell it,” said sixth grader Lindsay Kyle, of the Vilseck Elementary School Spelling Bee contest.

During the competition, pensive looks, sighs of relief and sweaty palms were visible amongst the 27 third through sixth grade contest participants.

The school’s multi-purpose room was filled with students cheering on their schoolmates as they pronounced and spelled words in front of a panel of three judges.

As contestants stepped up to the podium they had the option of asking the “pronouncer” to do a couple of things to ensure they understood the word. They could ask for the word to be pronounced again before spelling.

If a speller was still unclear about a word, they could ask for it to be used in a sentence and they could also be given the definition of the word.

After the competition was over, Lindsay’s mother, Gina Kyle, talked about what their family did to help her prepare for the competition.

“She dreaded the competition, but we worked with her every day on the words. She spent the whole weekend reviewing about fourteen pages of words provided by the school.”

This was the second year Lindsay participated



Lindsay Kyle spells the final word that wins her the title of Vilseck Elementary School Spelling Bee Champion as pronouncer Ahni Rush looks on.

in the competition. Last year she made it to the fourth round before leaving the contest.

“I am so proud of her; she worked so hard studying her words. She didn’t want to do this last year when she made it to the competition. We told her she had to at least try.

She saw she was able to do it and it was fun and she couldn’t wait to do it this year. This year when she made it she was a little nervous. We just told her to go up there and do her best. This year it paid off,” said Gina Kyle.

There are many benefits to being a part of this type of school competition according to Rush. “Children learn about studying. They learn to spell words they never spelled before and the best benefit of all is the boost to their self esteem. I think that’s a great benefit to every child”

The pronouncer of the words for the competition was not new to the nervous reaction the children had when they came to the podium. For the last 19 years reading specialist Ahni Rush has been conducting this program.

“It’s a great way for the kids to build self confidence and get up in front of a group. It has a lot of benefits for the kids. They have a chance to learn the spellings of a lot of unusual words and get familiar with them,” said Rush.

The Parent Teacher Student Association gave the winner and runner-up a MacMillan dictionary for their accomplishments.

Lindsay Kyle’s next step in spelling competition will be at the European level, and, if successful, she will compete at the Scripps National Spelling Bee finals in Washington, D.C.

School Liaison news briefs

by Steve Vojtecky

School Advisory Committees meet Feb. 23 at GES and on 8 March at VMHS and on March 9 at VES. Good forum for parents to ask questions about school policies. Contact your school for details.

Reading Incentive Program: Feb. 28 at 1:45 is the kickoff assembly for the VES award-winning reading incentive program, Red Hot Readers Month. The VES Red Hot Readers month features special daily activities focusing on reading. Feb. 28 also is crazy hat day at GES. March 2nd is FAST Night, “Reaching Out With Reading” at 6 p.m. at GES. FAST Nights – Families and Schools Together – are quarterly education celebrations at GES.

Parents, Update Contact Info: The second semester of school has begun, and it is time to remind parents about updating home, work and cell phone numbers. Sometimes it is very difficult to reach parents because we have old phone numbers. We appreciate your help in keeping us current with your correct contact numbers and with your correct/current emergency contact numbers. Also please update your contact numbers with CDC and SAS if there have been any changes.

Dental Screenings Appreciated: Thanks to the Dental Clinic folks who have been visiting Vilseck and Grafenwoehr elementary schools and CYS Child Development Centers during February to perform dental screenings. We really appreciate your help in keeping our kids with happy smiles. Also a big smiling happy face thank you goes to the important volunteers who are helping with the screenings.

College-bound Info: Visit your CYS teen center or library to check on college bound information and scholarships. Materials from Vilseck College Nights are available at each location.

Reading Tip: According to Dr. Paula Peterson, Guidance Counselor at Vilseck Middle High School, independent reading and study will help your child prepare academically for college. This is a good way to develop interests, expand knowledge and improve the vocabulary and reading comprehension skills needed for college and the SAT or ACT. Encourage your student to read all kinds of books for fun – fiction and non-fiction. The school information centers or post libraries are sources of books, magazines and newspapers.

For more info, call DSN 475-1770, or e-mail steve.vojtecky@us.army.mil

Summer School program planned for 2006

by Dennis K. Bohannon
Public Affairs Office, DoDDS – Europe

WIESBADEN, Germany – The Department of Defense Dependents Schools – Europe, will offer a free four-week, half-day summer school enrichment program to many of its students again this year.

Through curriculum materials from Voyager Expanded Learning, academic-enrichment programs emphasizing math and language arts will be available to space-required students in Kindergarten through the 8th Grade at selected school sites.

“Classes will begin on July 5th, immediately following the Fourth of July holidays, and will continue for four straight weeks with the last class taking place on Tuesday the first of August,” said Carol Czerw, Education Division Chief, DoDDS-E.

Czerw adds that the classes will be held Monday through Friday and will begin each morning at 9 and end at noon. Although neither transportation nor lunch will be provided, children will receive an exceedingly engaging and enjoyable summer experience that has been ap-

plauded by students, teachers, and parents alike.

Czerw notes classes offered are not part of a remedial program, meaning they are not for credit nor are they specifically designed to improve below average skills. They are designed to enrich and reinforce student learning through engaging in high-interest activities. “The classes focus on reading, math skills, and science activity,” said Czerw. “It’s all hands on and last summer the kids, as well as the teachers, really loved it,” she said.

Again this year the summer program will use curriculum materials produced by Voyager Expanded Learning, a Dallas based company co-founded by Admiral (Ret.) Thomas B. Hayward. Through the Voyager programs, students in Kindergarten through grade 5 will experience primary and intermediate levels of Kaleidoscope, the companion to Mysteries, and students in grades sixth through eighth will participate in a continuation of Media Magic, according to Megan Dolan, a Generalist in the Sciences Branch of the Department of Defense Education Activity. “This ensures that any returning students are not repeating lessons,” Dolan notes.

Graf military history group

sponsored by
the Grafenwoehr library

Meetings will be held
the 1st Wednesday of each month
at 6 p.m. in Bldg. 445.

The group is open to all, from novice to history buff, and upcoming topics include:

- 1 March:
WEST POINT
Presented by Dr. Amy Shell-Gellasch
- 5 April:
THE GOTHIC LINE CAMPAIGN
Presented by Command Sgt. Major Jeff Miller
- 3 May:
ANDREW JACKSON AND THE CREEK INDIAN WARS
Presented by Col. Jim Kennedy
- 7 June:
WE WERE THERE. MEMORIES OF POST-WAR JAPAN
Presented by Robert Snell

A photograph showing a group of children sitting in a dental chair. A woman, Deziree Peters, is sitting in the chair. Other children are standing around her, some holding balloons. They are in a dental clinic setting.

Photo by Amy Stover

Children tour dental clinic

Deziree Peters gets a ride in the dental chair as she and other children from the Lil Myracles Daycare tour the hospital’s dental clinic. February is National Children’s Dental Health Month. The children from Kartrina Robinson’s daycare were able to practice their brushing techniques on puppets and speak to a dentist.

Kids celebrate Ground Hog Day

No sun in Hohenfels, but lots of ‘shadows’

Article and photos by Maddy Vernieu
(and shadowed by Adriana and Maria Vernieu)
special to Bavarian News

Ground Hog Shadow Day hit Hohenfels with full force Feb. 8.

Not just a day off from school, Shadow Day has become a tradition in the Hohenfels community, giving school-age children a glimpse of what the adults in their lives do all day long.

A record-breaking number of students participated in this year’s Job Shadow Day experience.

Some children shadowed their adult one-on-one, while others joined group activities, such as a realistic weapons demonstration and a Static Vehicle display set up by 1-4’s OC Teams, Grizzly, Oscar, Dragon, and the 1-4 Inf. Bn.

The freezing, slushy, slippery weather wasn’t a deterrent for all who boarded the buses at 8 a.m. en route to “The Box”.

Three buses were waiting in the overflow parking area across from building one, and in no time at all, the buses were filled to capacity with students, Soldiers and spouses eagerly awaiting the 8:30 a.m. departure time.

The first stop on this eye-opening experience was the 1-4 Infantry Motor Pool.

Here students were able to view, board, and play on tanks and Humvees. Students were thrilled at the prospect of actually being aboard vehicles that could potentially be used in real military missions.

Curious individuals asked questions such as, “how far can a bullet reach from the big gun on top of the tank?”

Soon it was time to re-board the buses and head out to the illustrious and somewhat mysterious Box.

There are a few civilians in Hohenfels who haven’t heard of “The Box,” and there a fewer still who have any real knowledge of what “The Box” actually is.

All of that changed on that day as buses unloaded in Ubungsdorf. As we were soon to find out, Ubungsdorf is the name of the largest MOUT (Military Operations in Urban Terrain) specifically constructed to better train Soldiers in realistic urban warfare.

After viewing a short film, Lt. Col. Delarosa (Ops Group S3) treated his captivated audience to a model display with an explanation of what each building in this make-believe town of Ubungsdorf represents.

With no further delay, the time that all had been waiting for finally arrived.

With the all-clear given, students ran into the town to witness first-hand what all of the explanations had been about. Students

explored the church, school, stores, and various other buildings that make up the largest MOUT in Hohenfels.

Eyes lit up and ears were covered as separate, spectacular demonstrations were performed. “Oohs and ahs” were heard, as a simulated roadside bomb, an RPG and an MGSS car bomb, were all detonated. With the final detonation completed, students and spouses left Ubungsdorf with a greater knowledge of the job their loved ones perform when a rotation rolls around.

The Hohenfels’ Post Library played host to 11 elementary school students and two high school students this Shadow Day. Librarian Kathleen Nichols educated the students in a fun and entertaining manner. The students had a scavenger hunt, played “Library Trivia Quest,” made name buttons, and were taught how call numbers work.

Later in the afternoon, Sonia Vass escorted the students to the Hohenfels’ Health Clinic. For many children a hospital or health clinic can be an extremely intimidating environment. The children were able to enter the clinic where they learned that the staff is there to help, whether their assistance is required in times of medical exigency, for dreaded immunizations, or for annual sports physicals.

The Vet Clinic, DPW, Pass Office, PX, MP Station, Building 100, and numerous other offices and organizations throughout Post all participated in this important and enlightening day.



Second grader Destin Garcia wastes no time preparing his Job Shadow Day report at the 1-4 Infantry Motor Pool.



Students are educated and entertained at the Hohenfels Post Library.



Looks of amazement and anticipation were evident as this Soldier cocks the “Big Gun” at the 1-4 Infantry Motor Pool.

Hohenfels Elementary School

Accelerated Reader Winners Second Quarter 2005-06

Accelerated Reader winners from Hohenfels Elementary School for the second quarter of SY 05-06 have been announced. The three criteria for meeting goals for grades 2-6 are: students must be reading within their ZPD (the Zone of Proximal Development as based on his/her STAR Reading test); they must have 100% of their goal points (based on the STAR test score); and they must be averaging 80% on their quizzes if the goal level is 2.6 or below and 85% if the goal level is 2.7 or above. First graders each had a goal of three points; kindergarteners had to successfully pass three quizzes. Winners for the second quarter are:

KINDERGARTEN	Britian Hancock	Joshua Sandoval
Mrs. Campos	Ty Jones	Tyler Shannon
Briana Adams	Elizabeth Krebs	Peyton Sims
Michael Altenburg	Pedro Paredes	Jeremiah Tolbert
Justin Arias	Merlin Penn	Lily Williams
Boris Bates	SaDante Person	Kealian Ziegler
Andrew Baumann	Sklyer Phillips	GRADE 1
Kelsey Boughton	Christopher Pruitt	Ms. Caputo
Kristyna Brown	Aaliyah Richardson	Dylan Banos-Diaz
Jonathan Cornett	Aidan Rucker	Nhoa Brown
Nina Denson	Brandon Ruiz	Tatyana Dickson
Laney Edwards	Stephen Schluth	Marli Flores-Cotto
Jasmin Gaddy	Kenya Sligh	Victoria Hammond
Michael Garcia	Tiffany Smigiel	AJ Headrick
Melissa Barnes	Matthew Weaver	Tyler Jacobs
Andrew Glynn	Jacob Woods	Sage Jones
Ian Hein	Mrs. Shepherd	Abigail Matheson
Samuel Johnson	Hunter Boyce	Megan Nauman
Kailey Koomen	Sami Brown	Tommy Puckett
Sammy McCollough	Kambrie Dunn	Janell Sanchez-Scott
Connor Murphy	McKenna Fisher	Joey Shaw
Quentin Newell	Emilee Franklin	Sabrina Stone
Payton Perryman	Bekah Garcia	Noah Stewart
Annie Schwaiger	Brenden Hoffer	Jalen Young
Samantha Shim	Kevin Hubbuch	Mrs. Kern
Karlyn Walker	Ella Kerchner	Patrick Benda
Micayla Williams	Michaela Lefebvre	Kevin Brazie
Mrs. Hicks	Shelby Marshall	Bethany Corsetto
Dustin Adler	Joshua McConnell	Tina Facer
Wesley Curtis	Jordyn Miller	Kandace Fordham
Bianca Daniels	Justus Mittag	Courtney Marshall
Samantha Elmore	Helena O’Day	Bonnie McKiernan
Brianna Fields	Chris Peake	Jake Neill
Isabelle Garcia	Michael Peters	Michael Terry
Hanna Goehlich	Cameron Renehan	Charles Timmerman
Donavan Gragg	Jessica Sandifer	Ms. Meadows

Curtlan Adams	Isaac Eisch	Alexis Matallana
Kaitlin Al-Azzawi	Gary Elias	Jacob Nantz
Kelly Anselmo	Cheyenne Hall	Tanner Newell
Sean Brown	Hailey Hunter	Morgan Sessoms
James Crone	Trey Kindler	Maggie Smith
Nihat Espinosa	Ben Lambert	Alyssa Taylor
Brea James	Andrea Lattimore	Tanja Vass
Lars Johnson	Gaby Marquez	GRADE 3
Jeremy Kenny	Gavin Pratt	Mrs. Iacampo
Aidan Kerchner	Kaden Robinson	Nathan Bagley
Alexis Maynard	Kevron Sippio	Alayna Bryant
Alexis Patton	Marie Torres-Cintron	Leilauni Charles
Khalen Pledge	Reanna Turner	Shawn Cromartie
Rafael Sandoval	Mrs. Martin	Genevieve Elmore
Amanda Smith	Rochelle Banos-Diaz	Angelique Evans
Breanna Wheeler	Jared Bernal	Jennifer Ford
GRADES 1-2	Alexandra Coscetti	Emily Howell
Mrs. Arnold/	Emily Durr	Soren Johnson
Ms. Martinez	Kristiana Eberhard	Dustin Keyes
Hannah Bagdasarian	Jessica Emola	Shanell Lattimore
Adam Duvall	Caleb Garcia	Makayla Mattison
Abby Freeman	Timia Gilbert	Jonathan Ortiz
Gabriel Kerchner	Tyler Haws	Keera Pomerlee
Cameron Rawlinson	Joshua Hubbuch	Destiny Sanchez
Mickey Rivera	Landon Jones	Darion Williams
GRADE 2	Te’aJane’ Jones	Mrs. Parks
Mr. Calhoun	Madelyn Neill	Kika Andrews
Kristina Bone	Alexandra Osorno	Rydia Barron
Logan Philman	Liza Bermudez	Anna Mallard
Mark Clarke	Josephine Ratcliff	Sydney Schwaiger
Brandon Coleman	Emily Rivera	Megan Trainer
Joshua Davis	Austin Strachan	Mr. Kern
Mary Fitter	Jace Walker	Trey Artman
Destin Garcia	Christopher Williams	Julian Byles
Aiden Hitchcock	Grades 2-3	Danielle Elias
Abimael Laureano	Mrs. Allen	Ashleigh Glynn
Zachary Lefebvre	Jarom Anderson-Sims	Bayleigh Laughing
Cecillia Luera	Elena Carlisle	Ryan Mayhew
Ethan McKuen	William Cushing	Naomi Porter
Alicia Morrow	Katie Dixon	Asiah Thompson
Jenifer Nelson	Jessica Germer	Devon Wiegas
Chaz Perryman	Paul Hoffman	GRADES 4-5
Madison Renehan	Andrew Houston	Mrs. Shell
Sage Rhodes	Denali Jackson	Tyler Brown
Melisa Smith	Ingrid Langhammer-Kenan	Jeremy Caldwell-Fabregas
Sarah Solomon	Leah Lathrop	William Duvall
Mrs. Cruz		Jacob Elmore

Leera Calaanun	Terchelle Hicklin	Austin Wolfe
Peyton Deogracias	Dennis Horeth	Nina Wollersberger
Gregory Eaddy	Sierra Jackson	GRADE 6
Ivan Feliciano	William Karafa	Mrs. Stockdale
Jacob Gonzalez	Jacob McClure	Raphael Gooden
Antianna Howerton	Brianna McKiernan	Lance Howard
Kyle Kempke	Hector Ramirez	Priscilla Luera
Marquise Knight	GRADE 5	Codi Martin
Caroline Mallard	Mrs. Alvarez	Ariane McKiernan
Jesse Myers	Christopher Green	Darryl Nmah
Brenden Ornelas	Natascha Harris	Abigail Pannell
Dundrey Peoples	Anthony Holcomb	Lars Trainer
Malorie Richards	John Hubbuch	Mrs. Krouse
Sophia Roark	Lonnie Kindler	Sabrina Bowman
Latisha Williams	Penny Lambert	Teresa Brunnelson
Kristen Wolfe	Lesley Mayhew	Zlata Chernyshenko
Mason Wren	Elvia Salazar	Victoria Games
GRADE 4	Alexandra Sandoval	Jon Haws
Ms. Boles	Patrick Vass	Kim Kozma
Michelle Benda	Tony Williams	CLASS WINNERS
Clark Boden	Mrs. Zimmermann	Mrs. Allen
Joshua Feltz	Tanay Adams	Ms. Boles
Maria Giorgatzis	Connor Alne	Mr. Calhoun**
Larissa Gooden	Storm Alvarez	Mrs. Campos**
Katelynn Hunter	Josina Carlisle	Ms. Caputo**
Becca McKiernan	Mickaylah Headrick	Mrs. Cruz
Veronica Ryerson	Drew Kenny	Mrs. Hicks
Sydney Schwaiger	Sarah Lathrop	Mrs. Iacampo
Megan Trainer	Anna Mallard	Mrs. Kern
Mr. Kern	Caine Pacheco	Mrs. Martin**
Trey Artman	Alexis Perryman	Ms. Meadows**
Julian Byles	Demetri Petty	Mrs. Parks**
Danielle Elias	Sean Salas	Mrs. Remoy
Ashleigh Glynn	Halliah Tolbert	Mrs. Sheets**
Bayleigh Laughing	Darnell Wiegas	Mrs. Shell
Ryan Mayhew	GRADES 5-6	Mrs. Shepherd**
Naomi Porter	Mrs. Remoy	Mrs. Zimmermann
Katie Anselmo	Katie Anselmo	** Indicates that every student in class met goals **
Victoria Bone	Victoria Bone	<i>Editor’s Note: Bavarian News takes pleasure in listing names for recognition for programs and events, but cannot always accommodate listings due to space restrictions.</i>
Clara Cushing	Clara Cushing	
Jocelyn Hoffman	Jocelyn Hoffman	
Joseph Krebs	Joseph Krebs	
Elisabeth Nantz	Elisabeth Nantz	
Eric Redden	Eric Redden	
Nick Reid	Nick Reid	
Meggie Rodman	Meggie Rodman	
Shannon Ruiz	Shannon Ruiz	

German Culture 101 – German Communication

by **Martina Bias**
Special to Bavarian News

There is no denying that we live in the technology age. The world of communication, especially, has opened new doors of world-wide interaction.

Technological optimists assure us that e-mail, along with the internet and satellite TV, make the world smaller. In a technical sense that is indeed true, but what that statement does not take into account is cultural differences.

When it comes to communication, Germans are usually a lot more formal than Americans who approach this area very casually. Let's look at email, for example, and how it is viewed differently by most Americans and Germans.

American emails tend to be chatty. They are likely to begin with a breezy "Hi" and end with "Bye." Compared to that, an email from a German comes across more stiff, even between friends. It will probably start out with "Lieber Freund" (Dear Friend), or "Sehr geehrter Herr..." (highly honored Mr....) and end with "Schoene Gruesse" (beautiful wishes) or "Mit freundlichen Gruessen" (with friendly greetings).

In addition, Americans tend to write (emails) exactly as they speak, while Germans will use formal language and proper grammar. The main reason for these differences is that for Germans,

e-mail has replaced the (business) letter. For Americans, it has replaced the telephone. Therefore, it should not surprise you that Germans only spend half the time dealing with emails than their American counterparts.

In general, Americans are much more responsive to email. They not only respond faster, they also tend to provide more information. Germans are mostly "all business" and might take longer to respond. The reason for this is that most Germans don't put as much emphasis and urgency on checking their email. One German friend of mine shared the following theory with me: Americans tend to be impulsive and crave instant gratification. They send tons of e-mails, and expect a speedy reply. Germans tend to be more methodical and plodding. They send (and reply to) e-mails often only after great deliberation.

On the other hand, other forms of electronic communication, such as SMS text messaging, are much more popular in Germany than in the United States.

The last time I had some of my family over for coffee and cake, I was surprised to see my son's godfather send his fiancée (who wasn't able to come) five SMS messages in the two hours he

visited with us.

Different approaches to communication have always existed. Even in less technological interactions, Germans and Americans differ quite a bit. When you call an American household, the phone will most likely be answered with a "hello" and you ring off with a friendly "bye."

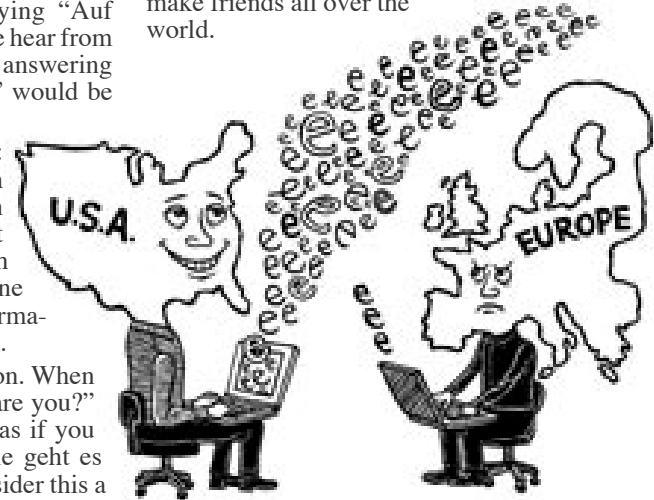
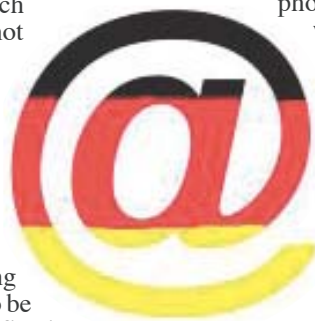
The typical way a German answers his home phone, however, is by stating his or her last name, and the way to end the conversation would be by saying "Auf Wiederhoeren" (till we hear from each other again). Just answering with a simple "Hallo" would be considered rude.

As my father once stated: "How am I supposed to know which 'hallo' I am talking to?" One reason for this difference is that identity theft and telemarketer calls are not as much of a problem in Germany, so no one feels the need to guard personal information as closely as an American would.

The same goes for meeting in person. When an American greets you with "How are you?" they often simply mean "Hi," whereas if you greet a German with a friendly "Wie geht es Ihnen/Dir?" (how are you?) they consider this a

concerned and sincere question and will proceed to inform you (sometimes in great detail) about how their family is doing, their state of health, etc. Germans will also expect you to stop and take the time to shake their hand. A brisk "Hi and Bye" is perceived as rude and conceited.

So while we all enjoy the way technology has enabled us to communicate faster and with people in all different areas of the globe, the fact that each culture approaches communication in a different way still remains. As long as we are aware of that and act accordingly, we should be able to make friends all over the world.



German Baking 101

Versunkener Kirschkuchen

by **Martina Bias**
Special to Bavarian News

Germans are known for their rich, creamy and buttery layered cakes called "Torte." Black Forest Cherry Cake is an example of that kind of sweet treat. However, these delectable creations are often reserved for special occasions and celebration.

For their daily coffee break, Germans also like basic and relatively plain cakes. Especially during this dreary "Fastenzeit" (fasting season) between Fasching and Easter, they bake "Kuchen" (poundcake-like cakes) to which they add fruits that have been preserved or frozen at the peak of their ripeness.

A good example of such a cake is the following "Versunkener Kirschkuchen" (sunken cherry cake). It goes great with a cup of hot "Kaffee" and showcases sweet summer cherries. For a tasty variation, you may substitute frozen

raspberries, gooseberries or rhubarb for the cherries.

Simply dust with some confectioner sugar and enjoy this typical German treat.

Guten Appetit!

Versunkener Kirschkuchen

2 cans (15 oz each) dark sweet cherries (or 2 cups of raspberries, gooseberries or diced rhubarb)

5 eggs, separated

1 ¼ cup sugar, divided usage

6 tsp butter or margarine, softened

1 ½ cups flour

2 tsp baking powder

confectioner sugar for dusting

Drain cherries and set aside. Spray a round springform pan with non-stick cooking spray and set aside. Preheat oven to 375 degrees.

In a medium mixing bowl, beat egg yolks, butter or margarine and about half of the sugar until creamy. Mix the flour and baking soda and add a little at a time (dough will be heavy).

In another bowl, beat egg whites and remaining sugar until stiff peaks form. Gently and slowly fold into heavy dough until thoroughly mixed. Pour into springform pan.

Gently place cherries on top of dough. They will sink in during baking, hence the name "sunken cherry cake."

Bake on the second rack from the bottom for



50 to 60 minutes or until toothpick inserted in the center comes out clean. Cool on a wire rack.

Just before serving, dust with confectioner sugar.

Yield: 12-16 servings

Do you have a favorite German dish you would like to recreate at home? You can email me at martina.bias@us.army.mil, and I might be able to feature your requested recipe in one of the future issues.

Healthy choices help shed unwanted pounds



by **Kay Blakley**
DeCA Europe consumer advocate

If memories of the rich foods of the holiday season, lingering a bit too literally around your midsection, have put you in the mood for some dieting resolutions, consider the sage advice of a fat cat called Garfield before you take any drastic action. "Diet is die with a 't' at the end," the furry feline points out. "It takes too long, and you have to exercise..." he laments.

Is there an alternative?

The folks at your commissary say absolutely yes! A fresh look at our *It's Your Choice, Make it Healthy* campaign will reveal colorful shelf

talkers sprouting up on commissary aisles. Look for neon green and orange tags containing quick and easy tips on incorporating the Dietary Guidelines for Americans into your daily menus.

See how skillfully I avoided the die – t word? Garfield would undoubtedly give me a strong thumbs-up. It's all a matter of being an informed consumer – judging the merits of each and every bite that passes your lips, and fully understanding and following the three primary tenets of the Dietary Guidelines – Find your balance between food and physical activity; get the most nutrition out of your calories; and make smart choices from every food group.

Calories do count – consuming more calories than you burn in physical activity does result in weight gained. Visit <http://www.mypyramid.gov> to find out how many calories you need. Just enter your age, sex, and activity level into the calculator on the home page and with one click, you'll have an estimate of your personal daily requirement. Take a look at My Pyramid Tracker while you're there (the final choice in the 'Subjects' box on the left hand side of the home page.)

Enter every morsel that's gone into your mouth for one entire day and get a detailed assessment of calories consumed, nutrient intake, and how your choices stack up against the Dietary Guidelines recommendations. Follow the same routine for physical activity. A few people are pleasantly surprised at these assessments, but lots of folks are totally shocked.

Just how much activity do you need each day? At least 30 minutes, but as much as 60 minutes per day may be required to prevent weight gain. A good way to get a handle on physical activity is to count your steps. Most of us take about 6,000 steps throughout the course of a day, but fitness experts encourage a goal of 10,000 or more. Sounds like a daunting assignment, unless you find practical ways to work it into your normal routine.

On the next trip to the commissary, park your car a little farther from the door, clip a pedometer to your belt to make step counting automatic, grab your shopping cart or hand basket and begin a fun food and physical adventure. Start at the entrance and take a methodical walk of every inch of the commissary. If your store has a deli/bakery, be sure to stop and order a high nutrient/low calorie lunch. Make it a sandwich on whole grain bun or bread with three ounces of lean meat, 1 1/2 ounces of reduced fat cheese, and lettuce and tomato. Add a teaspoon of mustard, if you like, but hold the high-calorie mayonnaise or other high-fat dressing.

As you tour the produce department, choose some fresh veggies like baby carrots and celery sticks, and a piece of your favorite fruit to round out your healthy lunch. Add an unsweetened beverage as you pass the drink aisle. Water is always a good choice, since you need about eight glasses a day.

Stop and read the healthy choices shelf talkers along your route, "...try to limit added sugars, top your cereal with fresh fruit, look for fat-free or low fat dairy choices..." and let these tips guide you in making the selections that go into your grocery cart.

Remember: It's Your Choice, Make it Healthy!

Lose-2-Win, a team weight-loss program

Article and photo by Shannon Hill
Bavarian News

If lack of motivation is what's keeping you from hitting the gym, then consider signing up for Grafenwoehr's Lose 2 Win weight-loss challenge.

The brainchild of Grafenwoehr's Fitness Specialist, Dan Fraizer, the pilot program is open to all U.S. ID card holders, including U.S. citizens and local nationals 18 years of age and older.

People who sign up will be divided into teams of five. The program spans ten weeks, and team goals are to reduce the number of pounds in their body, and their total body-fat percentage.

It is a point-based system, with one point awarded to the individual for every pound lost, five points for every percentage of body fat lost, and a 1/2 point awarded for attending any of the fitness classes available at the post fitness facilities. The points received from the individual team members are added together, and ultimately, the team who receives the most points wins.

Motivation and accountability are the main aspects that Fraizer believes will make this program successful. Contestants can track their points and thus their team's standings in a variety of ways.

Team standings will be emailed on a weekly basis to each of the individuals. Also available on the internet will be a spreadsheet that members can access at any time to view their individual team members' progress and their placement among the other teams. Moreover, the results will be posted on the gym's bulletin boards.

Team members are encouraged to meet on a weekly basis to discuss any problems they might encounter.

"It's making weight loss a social thing. In order to win, you and your team members count on one another," said Fraizer.

Because of the inherent kinks in any new program, Fraizer is attempting to make the program "as user-friendly and flexible as possible." Understanding that the unexpected does sometimes occur, participants are only required to make six out of the 10 weigh-ins that take place over the 10-week period. These weigh-ins will include both initial and final weigh-ins.

Additionally, the process of the weigh-in is fairly simple. You need do no more than go to either of the fitness centers, tell the attendant the purpose of your visit, then head back to get weighed and your percentage of body fat measured, and you're out.

Furthermore, the Fitness Center will be attempting to make weight loss a standard program in the foreseeable future. They will be offering diet and nutrition classes, where people can learn what to eat and what not to eat. There are new fitness classes, such as Taerobics, being offered. And certified fitness trainers, available by appointment, can answer questions, help spark enthusiasm, and point individuals in the right directions.

Registration for the program is open until the end of February, and there has already been a lot of interest. Participants will be able to make use of the new Grafenwoehr Fitness Center, which is scheduled to open in March. The program ends about a week before Memorial Day, thus sparking interest in people looking for those summer swimsuit bodies.

Individuals who want to participate will be divided up with

other people accordingly, but people are encouraged to form groups with mutual friends. In hopes of encouraging even more participation, an optimistic Fraizer said, "the process of weight loss is not some terrible thing...it can be a lot of fun."

So head over to your local fitness center and sign up for the Lose-2-Win weight loss challenge today.



The hand-held body fat analyzer works by sending an electric current into one hand, through the body to the feet, and back to the other hand. The fat content is measured by how long the current takes to travel through the body.

INSIDE LOOK Graf's new fitness facility

Photos by Shannon Hill
Bavarian News

You've been reading about it for months, and now it's grand opening is just around the corner

in March.

Here's an inside peek at some of the new features to be offered in the new, ultra-modern fitness facility.



Luxurious saunas await use by folks with tired bones and muscles in Graf's new Fitness Center. Additionally, there are showers and self-cleaning cool water tubs for people to cool themselves off after their time in the saunas.



Grafenwoehr's new Fitness Center features a roomy indoor track that circles around the double basketball court.



Patrons can expect spic-and-span locker rooms and facilities in Grafenwoehr's new Fitness Center.



Fitness Specialist Dan Fraizer provides a glimpse of the new Fitness Center's machinery that will be available to those participating in the Lose-2-Win contest, sometime in March.



The new Fitness Center features a double basketball court with retractable bleachers. The bleachers can hold up to 4,000 people, and when pulled out, will reduce the double-sized courts to one centered basketball court.



Grafenwoehr Field House's Facility Manager Kalauf Seidler (left), and Fitness Specialist Dan Frazier check over the computers in Graf's new Fitness Center.

Vilseck Falcons battle Patch Panthers

by Kathy Jordan
Bavarian News

Basketball. The Vilseck Falcons traveled to Patch High School to play against the Panthers. The Vilseck varsity squad beat the Patch Panthers 49-46 on Feb. 4.

The score by the end of the third quarter showed the Panthers ahead by a score of 36-41. In the fourth quarter with two minutes remaining on the game clock, the Falcons had a three-point lead over the Panthers. The Panthers quickly answered back with a three-point shot by Brandon Bingley tying the score 46-46. The Falcons' Derrick Jones went to the foul line with 14 seconds remaining. He made both shots to increase the Falcons' lead 48-46. The teams played aggressive ball and with seven seconds remaining Derrick Jones was again sent to the foul line, this time making one of two shots and ultimately sealing the fate of the Panthers.

Lead scorers for Vilseck: Derrick Jones 18, Chris Lewis 10 and Tre White 6; Patch: Archie Barnes 24, J. D. Lindsey 10, and Bingley 7; Rebounds for Vilseck: Chris Lewis 9, Mike Klein 7, Jones and White each had 6; Assist for Vilseck: Klein had 8; Steals for Vilseck: Klein had 6.

The Vilseck junior varsity boy's team defeated the junior varsity Patch team 28-26. Lead scorers for Vilseck: White 13, Devon Douglas and T.J. Whitehead 4; Patch: Rafael Polanco 6, Jose Diaz 5 and Travis Brandon and Shawn Thomas each had 4; Rebounds for Vilseck: White 13, Derrick Schwartz 12 and Douglas 8; Patch: Polanco, Thomas and Tyler Armstrong had 4 each; Steals for Vilseck: Whitehead and P. J. Cruise had 2 each.

The Lady Falcons were defeated by the Lady Panthers 26-17. No stats available.

On Feb. 3 the Falcons and Panthers faced off in the school gym in front of a packed gymnasium. The Panthers won the contest by a score of 62-47. By the half time buzzer Patch was ahead 35 to 28. The Panthers continued to pull away from the Falcons to take the game.

Lead scorers for Vilseck: Dextra Johnson 14, Kollin Jordan 11 and Lewis 9; Patch: Barnes 20, Bingley 18 and Lindsey and Justin Bentley each had 8.

The junior varsity team did not play Friday night.

The Lady Falcons defeated the Lady Panthers on Friday night by a score of 29-24.

Lead Scorers for Patch: Trisha Barabin 10, Kasye Lalau 6 and Brittany Phillips 2; Rebounds for Patch: Kasye Lalau 15, Heather Hall 9 and Brittany Phillips 7; Blocks for Patch: Phillips 5 and Lalau 3. Vilseck: No stats available.

Vilseck action against Naples and Aviano.

Vilseck boys varsity team played against Naples and were defeated by the score of 54-49 on Jan. 28.

Lead scorers for Vilseck: Jones 13, Jordan and Rojo each had 8 and White and Johnson 6; Naples: Andrew Watson 22, Eric Sadsad 15 and Denver Arriola 7; Rebounds for Vilseck: White 8, Jones, Jordan and Eric Ruzicka each had 7,

and Rojo 6; Assist for Vilseck: Mike Klein 5; Steals for Vilseck: Lewis 3.

The junior varsity team did not compete in Italy.

The Lady Falcons were defeated by the Naples Wildcats 43-27. No stat available.

The Vilseck Falcons varsity team faced the Aviano Saints on Jan. 27 and were defeated 69-55.

Lead scorers for Vilseck: Jordan 16, Lewis 8 and Klein and Rojo each had 6; Aviano: Edmond Johnson 19, Spencer Templeton 17 and Mike Legree 16; Rebounds: Jones 9, Jordan 7 and White 6; Aviano: Johnson 15 and Legree 13; Steals for Vilseck: Lewis 5; Aviano: Templeton 5; Assist for Vilseck: Johnson 4; Aviano:

Templeton 7.

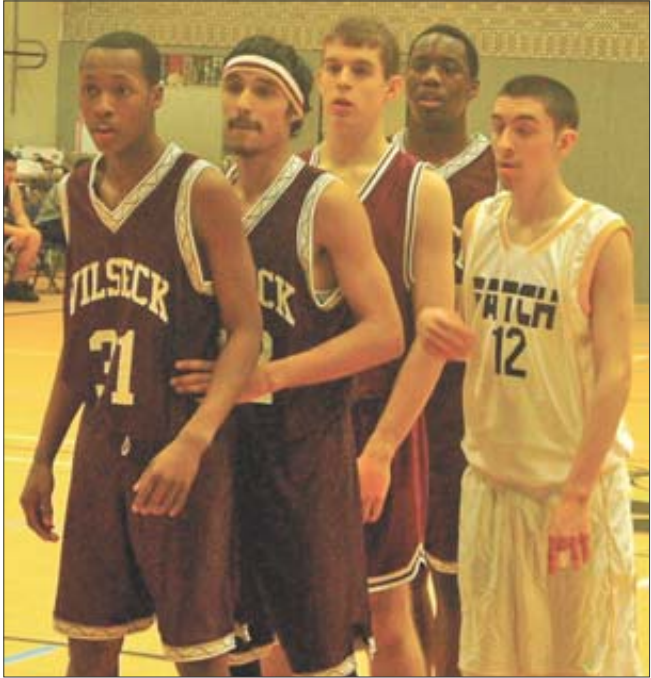
The Lady Falcons were defeated by the Aviano Lady Saints 46-36.

Vilseck High School Wrestling.

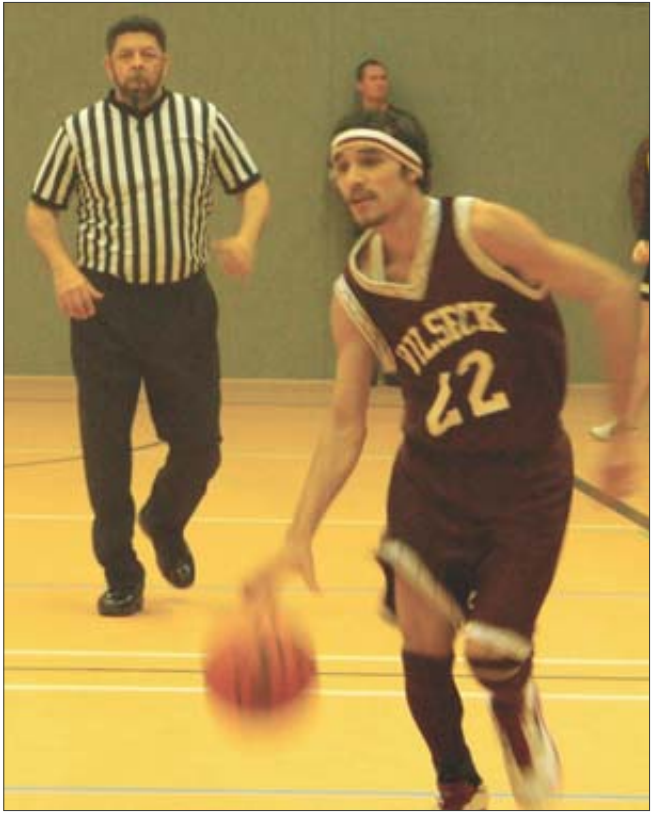
The Vilseck wrestlers traveled to Kaiserslautern Feb. 4 to compete in their last team meet. The seven members of the team that competed placed in the top four slots: Jacob Guiets won first place and Jose Leon took second in the 125 lb weight class; Allen Sligh took first in the 135 lb weight class division; David Ferrer took third place in the 140 weight class; Kevin Greir placed second and Andrew McIntire took fourth in the 160 lb weight class division and in the 189 weight class Chris Jackson placed fourth.



Vilseck and Patch girl's teams scramble for the basketball causing a jump ball situation.



(From front to back) Vilseck players Devon Douglas, Chris Lewis, Derrick Schwartz and Kollin Jordan get in the 'stack formation' for offense as they wait for the ball to be thrown into play.



Vilseck's Chris Lewis brings the ball down the court against Patch.



Vilseck's Kathy DeLaRosa brings the ball down the court against three Patch defenders.



Vilseck's Tamaria Hollis defends the ball against Patch Panther Kasey LaLau.

Ski and snowboard competitors sought

by Victoria Palmer
IMA-Europe Public Affairs

HEIDELBERG, GE – Skiers and snowboarders from throughout Europe will vie for medals in the 2006 Jeep Ski and Snowboard U.S. Forces Championship at the Hausberg Ski Area in Garmisch March 11 and 12.

The Championship will feature competition in alpine ski slalom and giant slalom, and snowboard giant slalom events, in racer, professional and youth classifications. The event is open to all U.S. ID-cardholder military men and women, civilians and family members age six and up.

Entrants in the adult racer class will compete in active duty or civilian divisions, in men's or women's open (age 18-29), senior (age 30-39) or master's (age 40 and up.) Skiers earning local commander cup points for their unit must be entered in this class.

Youth class skiers age six to 17 will compete in boy's or girls minor (age six to nine), junior (age 10 to 12), and senior (age 13 to 17) categories. Youth skiers will race on the same course as the adults and must have the ability to control

their speed and turns on the steep hills of 'blue' runs. Race organizers said that helmets are highly recommended for all youth skiers.

Professional class skiers are civilian ID-cardholders who are associated with providing ski or snowboard related services—such as instructor, trip guide, and ski patrol – on a paid, compensated or volunteer basis.

Active duty military with professional credentials may compete in the racer class.

There is no entry fee for participation in the racing events.

Registration forms are available at Army Morale, Welfare and Recreation outdoor recreation centers or online at www.mwr-europe.com. Pre-registration ends March 8.

For more information, contact Wiesbaden Outdoor Recreation at DSN 377-5760 or go online to www.mwr-europe.com.

The 2006 Jeep Ski and Snowboard U.S. Forces Europe Championship is hosted by Installation Management Agency-Europe Morale, Welfare and Recreation.

